

**ABSTRACT**

**Computer-assisted Means For Assessing Lifestyle Risk Factors**

The present invention relates to methods of assessing disease susceptibility associated with dietary and lifestyle risk factors. The invention provides for analysis of alleles at loci of genes associated with lifestyle risk factors, and the disease susceptibility profile of an individual is determined by reference to datasets which further match the risk factor with lifestyle recommendations in order to produce a personalized lifestyle advice plan.

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